



COCHISE COUNTY JAIL MEDICAL

REQUEST FOR HEALTHCARE

Medical care will never be refused to any inmate

I request Healthcare services as follows (check one)

 Sick Call Dentist Prescription Refill
 Mental Health X Other (specify) Nutrition; Vit. / Provider Sick call

Date: 8/12/19 Cell Location: SVF-4

Inmate/Patient Name: Childs, Samantha Booking #: 19 / 2472
112278 (Booking # not given)

Inmate / Patient Date of Birth: 12 / 15 / 1985
Please list any known drug allergies or circle NONE: PCN

SVF04

Wt loss; diet at substitution
Nature of Compliant:

Even for 10 protein / Fat 2 meals. Because I worked for years I am used to being
at SJS institution. My issue/concern is the diet here. Substitution, or even having to "nose"
inmate, instead their purpose is to temporary hold inmates until arranged from case
or transferred to county. Therefore they do not follow the same dietary guidelines as the jail
itself. My issue is this: The meals here are packed 2 fat and 2 protein. I'm concerned that I am
losing wt. and have zero energy, along w leg cramps, dizziness, and headaches. Outside of this
(flip over)

By my signature below, I hereby indicate that I understand that I may be charged \$10.00 for Health care services obtained at my request, \$10.00 for each prescription, and a \$1.00 charge for each over-the counter medication. Those inmates who do not have any money in their account will be seen by the medical staff & a negative balance will be placed on the account. I understand that any charge for these services and/or prescriptions shall be withdrawn automatically from my trust fund account here at the Cochise County Jail. I will not receive a receipt for this withdrawal however; I may review the balance of my trust account as provided by facility procedures. In the event an inmate will not sign, please have an officer sign below in the witness signature spot.

[Signature]
Inmate/Patient's Signature

Date: 8/12/19

[Signature]
Witness Signature & call number

Date: 08 / 11 / 2019

FAXED TO BISBEE JAIL MEDICAL

1442
08 11 2019

FAXED TO BISBCC JAIL

MEDICAL

08 11 2019

② 1442

CHILDS SAMANTHA

BKG 19-2472

112278

SVF04

on: and I live on a high protein & moderate, high fat and regular intake of carbs.
The diet in which I have been given since incarcerated on the 1st is everything
but that. The amount of protein is almost non-existent, and the carb intake is 90% of
the diet. Carbs = sugar and do not equate to anything but short term energy where
your sugar spikes are then plunges. Each time lower and lower & no long term
energy and I feel it. This says abt considering I'm in a cell 23 out of 24 hours
a day. My body is fast paced, I have zero energy and I can feel myself (and now
see it) losing weight. I worked very hard to get my weight over 100lbs and getting
to 110lbs was monumental. I do not feel that it is fair that my physical
well being suffer because I am locked at a substance. The conditions here are not
up to par & how I was treated if I was at court and I would like the
diet that I am being fed compared to that of which a person in the jail
is possible + would like an increase in protein or decrease in carb loading
because the 'yo-yo'ing' as to speak from the constant spiking/plunging in my
sugar is not proving to be beneficial to my health, even & adequate hydration on my part
At 10% wt gain/loss before being seen by medical is 11 lbs for me and would put
me back under 100lbs before being eligible by your policy. I would like to be
evaluated now considering the small gap diff my size and because I am
already symptomatic. I also have yet to be seen for intake and have been
here for almost 2 weeks and would like to make sure that I do not lose any
more weight before being seen for intake and having that weight used as my
starting point or determination factor for what I am asking. Thank you.

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